

Cardio/Strength and Cycling February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*Please note the change to the 4:30pm Step class. It has been changed to a variety of classes from our schedule. Come give it a try!				1 5:45 Choice Ride <u>Mark</u> 5:45 BCamp(Y) <u>Lisa</u> 8:30 Fit For Life <u>Cathy</u> 9:30 End. Ride <u>Wendy</u> 9:30 *POUND* <u>Sheree</u> 10:30 Lift&Pump <u>Jennifer</u>	2 8:30 BARRE <u>Melissa A</u> 8:30 Choice Ride <u>Wendy</u> 9:30 Muscle Mix <u>Avis</u> 11:00 Senior Wellness <u>Avis</u>
3 1:30 Step & Shape <u>Lisa</u>	4 5:45 BCam(Y) <u>Teley</u> 8:30 Fit for Life <u>Cathy</u> 9:30 CardioBox <u>Avis</u> 10:30 Lift & Pump <u>Jennifer</u> 4:30 Zumba <u>Sharyn</u> 4:30 Choice Ride <u>Donna</u> 5:30 Muscle Mix <u>Lisa</u> 6:00 BCamp(LH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u>	5 5:45 Str. Ride <u>Mark</u> 8:30 BCamp(Y) <u>Jennifer</u> 8:30 LI Intervals <u>Billie</u> 9:30 Int. Ride <u>Sharyn</u> 11:00 Senior Wellness <u>Sharyn</u> 12:05 Step <u>Lise</u> 4:30 Lift&Pump <u>Donna</u> 5:30 Barre <u>Melissa A.</u> 6:30 HEAT <u>Lisa</u>	6 5:45 Insanity <u>Lisa</u> 7:30 Fusion Fit <u>Sheree</u> 8:30 Zumba <u>Eleanor</u> 9:30 Muscle Mix <u>Maria</u> 4:30 Step&Shape <u>Iris</u> 4:30 Str. Ride <u>Donna</u> 5:30 Zumba <u>Stacy</u> 6:00 BCamp(LH) <u>Myron</u>	7 5:45 Lift&Pump <u>Melissa A</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Kate</u> 8:30 Choice Ride <u>Wendy</u> 9:30 Zumba <u>Sharyn</u> 10:30 Fit for Life <u>Sharyn</u> 11:00 Senior Wellness <u>Sharyn</u> 4:30 Muscle Mix <u>Iris</u> 5:30 Zumba <u>Melissa S.</u> 6:30 HEAT <u>Maria</u>	8 5:45 Int. Ride <u>Mark</u> 5:45 BCamp(Y) <u>Lisa</u> 8:30 Fit For Life <u>Avis</u> 9:30 Str. Ride <u>Sharyn</u> 9:30 *POUND* <u>Sheree</u> 10:30 Lift&Pump <u>Sharyn</u>	9 8:30 BARRE <u>Melissa A</u> 8:30 Choice Ride <u>Jenn</u> 9:30 Muscle Mix <u>Maria</u> 11:00 Senior Wellness <u>Ana</u>
10 1:30 Step & Shape <u>Avis</u>	11 5:45 BCam(Y) <u>Teley</u> 8:30 Fit for Life <u>Avis</u> 9:30 Tabata <u>Jennifer</u> 10:30 Lift & Pump <u>Jennifer</u> 4:30 TurboKick <u>Stacy</u> 4:30 Choice Ride <u>Sharyn</u> 5:30 Muscle Mix <u>Donna</u> 6:00 BCamp(LH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u>	12 5:45 End. Ride <u>Lisa</u> 8:30 BCamp(Y) <u>Jennifer</u> 8:30 LI Intervals <u>Billie</u> 9:30 End. Ride <u>Sharyn</u> 11:00 Senior Wellness <u>Sharyn</u> 12:05 Step <u>Lise</u> 4:30 Lift&Pump <u>Iris</u> 5:30 Barre <u>Melissa A.</u> 6:30 HEAT <u>Maria</u>	13 5:45 Insanity <u>Melissa A.</u> 7:30 Fusion Fit <u>Sheree</u> 8:30 Zumba <u>Eleanor</u> 9:30 Muscle Mix <u>Jennifer</u> 4:30 Step&Shape <u>Iris</u> 4:30 End. Ride <u>Donna</u> 5:30 Zumba <u>Stacy</u> 6:00 BCamp(LH) <u>Myron</u>	14 5:45 Tabata <u>Lisa</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Kate</u> 8:30 Int. Ride <u>Wendy</u> 9:30 Zumba <u>Eleanor</u> 10:30 Fit for Life <u>Wendy</u> 11:00 Senior Wellness <u>Wendy</u> 4:30 Muscle Mix <u>Donna</u> 5:30 Zumba <u>Stacy</u> 6:30 HEAT <u>Maria</u>	15 5:45 Strength Ride <u>Lisa</u> 5:45 BCamp(Y) <u>Teley</u> 8:30 Fit for Life <u>Billie</u> 9:30 Choice Ride <u>Wendy</u> 9:30 *POUND* <u>Sheree</u> 10:30 Lift & Pump <u>Jennifer</u>	16 8:30 BARRE <u>Sheree</u> 8:30 Choice Ride <u>Iris</u> 9:30 Lift & Pump <u>Iris</u> 11:00 Senior Wellness <u>Ana</u>
17 1:30 Step & Shape <u>Iris</u>	18 5:45 BCamp(Y) <u>Lisa</u> 8:30 Fit For Life <u>Billie</u> 9:30 CardioBox <u>Avis</u> 10:30 Lift & Pump <u>Jennifer</u> 4:30 BootCamp <u>Myron</u> 4:30 Choice Ride <u>Donna</u> 5:30 Muscle Mix <u>Lisa</u> 6:00 BCamp(LH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u>	19 5:45 Choice Ride <u>Mark</u> 8:30 BCamp(Y) <u>Jennifer</u> 8:30 LI Intervals <u>Billie</u> 9:30 Str. Ride <u>Sharyn</u> 11:00 Senior Wellness <u>Sharyn</u> 12:05 Step <u>Lise</u> 4:30 Lift&Pump <u>Donna</u> 5:30 Barre <u>Melissa A.</u> 6:30 HEAT <u>Maria</u>	20 5:45 Insanity <u>Melissa A.</u> 7:30 Fusion Fit <u>Sheree</u> 8:30 Zumba <u>Eleanor</u> 9:30 Muscle Mix <u>Jennifer</u> 4:30 Step& Shape <u>Iris</u> 4:30 Inerval Ride <u>Donna</u> 5:30 Zumba <u>Stacy</u> 6:00 BCamp(LH) <u>Myron</u>	21 5:45 Lift&Pump <u>Melissa A.</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Kate</u> 8:30 End. Ride <u>Wendy</u> 9:30 Zumba <u>Sharyn</u> 10:30 Fit for Life <u>Cathy</u> 11:00 Senior Wellness <u>Cathy</u> 4:30 Muscle Mix <u>Iris</u> 5:30 Zumba <u>Melissa S.</u> 6:30 HEAT <u>Maria</u>	22 5:45 End. Ride <u>Lisa</u> 5:45 BCamp(Y) <u>Teley</u> 8:30 Fit for Life <u>Cathy</u> 9:30 Int. Ride <u>Sharyn</u> 9:30 *POUND* <u>Sheree</u> 10:30 Lift & Pump <u>Sharyn</u>	23 8:30 BARRE <u>Sheree</u> 8:30 Choice Ride <u>Donna</u> 9:30 Lift & Pump <u>Donna</u> 11:00 Senior Wellness <u>Ana</u>
24 1:30 Step & Shape <u>Melissa S.</u>	25 5:45 BCamp(Y) <u>Teley</u> 8:30 Fit For Life <u>Cathy</u> 9:30 Tabata <u>Jennifer</u> 10:30 Lift & Pump <u>Jennifer</u> 4:30 Tabata <u>Iris</u> 4:30 Choice Ride <u>Sharyn</u> 5:30 Muscle Mix <u>Donna</u> 6:00 BCamp(LH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u>	26 5:45 Int. Ride <u>Lisa</u> 8:30 BCamp(Y) <u>Jennifer</u> 8:30 LI Intervals <u>Cathy</u> 9:30 Choice Ride <u>Sharyn</u> 11:00 Senior Wellness <u>Sharyn</u> 12:05 Step <u>Melissa S.</u> 4:30 Lift&Pump <u>Donna</u> 5:30 Barre <u>Melissa A.</u> 6:30 HEAT <u>Maria</u>	27 5:45 Insanity <u>Melissa A.</u> 7:30 Fusion Fit <u>Cathy</u> 8:30 Zumba <u>Eleanor</u> 9:30 Muscle Mix <u>Maria</u> 4:30 Step& Shape <u>Lise</u> 4:30 Choice Ride <u>Donna</u> 5:30 Zumba <u>Stacy</u> 6:00 BCamp(LH) <u>Myron</u>	28 5:45 Tabata <u>Lisa</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Kate</u> 8:30 Str. Ride <u>Wendy</u> 9:30 Step <u>Lise</u> 10:30 Fit for Life <u>Cathy</u> 11:00 Senior Wellness <u>Cathy</u> 4:30 Muscle Mix <u>Iris</u> 5:30 Zumba <u>Melissa S.</u> 6:30 HEAT <u>Maria</u>		